

Name : Mr. RAJASUDARSAN K (30 /M)

Date : 10/11/2022

Address : 1/25, SELVI NAGAR, SUVEYOR COLONY, K PUDHUR,, MADURAI, MADURAI,
TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000477544

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE
BELOW 40YRS

AHC No : MDUMH96394



CHIEF COMPLAINTS

For general health checkup
No specific complaints

PRESENT KNOWN ILLNESS

Present known illness

Epilepsy : - Childhood ? Febrile seizures , 2 episodes



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Weight

- has gained weight without effort



Past medical history

Do you have any allergies? - No

Covid 19 - Yes

Hospitalization for Covid 19 - 2021
- Yes
Oxygen support - No



Surgical history

Surgical history - Nil

Immunization historv

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 1
Male - 1
Diet - Mixed Diet
Alcohol - consumes alcohol occasionally
Smoking - No
Chews tobacco - No
Physical activity - Moderate



Family history

Diabetes - father,mother
Hypertension - father
Coronary artery disease - none

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Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - obese
Height - 174
Weight - 103.7
BMI - 34.25
Pallor - No
Oedema - no
SpO2 - 98%



Cardiovascular system

Heart rate (Per minute) - 88
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Printed By : Sasikala T

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.2	gm%	●	13.0-18.0
Packed cell volume(Calculated)	43	%	●	40-54
WBC Count	8.3	10 ³ /m ³	●	4-11
Platelet Count	236	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	12	mm/1st hr	●	0-15
RBC Count	5.01	Million/ul	●	4.2-6.5
MCV	86	fl	●	75-95
MCH(Calculated)	28	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	0.9	%		
Neutrophils	47	%	●	40-80
Lymphocytes	42 *	%	●	20-40
Eosinophils	04	%	●	01-06
Monocytes	07	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.020		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	6		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		0-2

Pus Cells 1-2 /hpf Male : 2 - 3
Female : 2 - 5

Epithelial Cells 1-2 /hpf 3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	62 *	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.2	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.4	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	72	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	27	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.3	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	184	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8 *	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

● Within Normal Range ● Borderline High/Low ● Out of Range

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Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	64 *	U/L	●	Male: < 55

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	125	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	99	mg/dL	●	60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	136	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.6	g/dL	●	>2 Year: 6.0 - 8.0

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	141	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.7	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	5.0 *		●	< 4.5

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	13	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	5.4	mg/dL	●	Adult Male: 3.5 - 7.2

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	37 *	mg/dL	●	Low: <40 High: >=60

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	28		●	Desirable:<30

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
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BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.1	mg/dL	●	0.0-0.2

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Bilirubin Unconjugated - 0.2 mg/dL ● 0.0-1.0
Serum (Calculated)

Liver shows increased echopattern with no evidence of focal pathology.
The intra or extra hepatic biliary radicles are not dilated.

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	6	mg/dL	●	Adult : 6 - 20

Gall bladder is partially distended.

Pancreas and spleen appear normal.

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	130	ng/dL	●	60-180

No evidence of ascites.

Right kidney measures 11.0 x 4.5 cm.

Left kidney measures 11.3 x 4.6 cm.

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	7.9	µg/dL	●	3.5 - 12.5

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour.

Prostate shows normal echopattern

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	7.32 *	µIU/mL	●	0.35 - 5.50

IMPRESSION:

- Grade III fatty liver.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

REPORTED BY,
DR.A.PANDIAN, MBBS.,DMRD.,
CONSULTANT RADIOLOGIST.

ULTRASOUND SCREENING WHOLE ABDOMEN

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
EF : 65%.

INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Haematology

STOOL ROUTINE

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CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :


- Obese
- TSH 7.32
- Fatty liver

Wellness Prescription

Advice On Diet :-

 - Healthy diet

Advice On Physical Activity :-

 - Regular walking

Medications

- Tab. Thyrox 50 1-0-0

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
ULTRASOUND NECK	1 Week(s)		
THYROID PROFILE	1 Month(s)		

Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine

Printed By : Vishnupriya H

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Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.

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